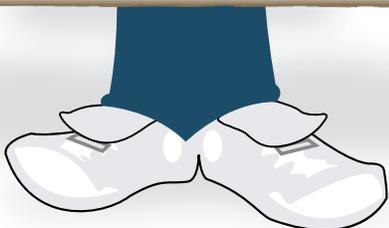




EXERCISE YOUR MIND



An Activity Book for Elementary Students from





ELEMENTARY School Activities

CAREER EXPLORATION (22 Activities)

Pg. 3	Health Careers
Pg. 4	Careers in the Arts
Pg. 5	What on Earth is an Entomologist?
Pg. 6	My Talents
Pg. 7	Word Search - Careers
Pg. 8	Matching Game - Careers
Pg. 9	Noun Fun
Pg. 10	Matching Game - Careers & School Subjects
Pg. 11	What Do They Do?
Pg. 12	Outdoor Fun - Careers
Pg. 13	How Can I Get Some Pizza?
Pg. 14	Word Search - Find Your Career
Pg. 15	Working With Money
Pg. 16	Helping People
Pg. 17	Word Search - Health Field Careers
Pg. 18	Career Tips for Law & Public Safety
Pg. 19	Word Search - Law & Public Safety Careers
Pg. 20	What's in Your Future?
Pg. 21	The Right Tools
Pg. 22	Verb Fun
Pg. 23	I Want to be a Doctor
Pg. 24	What in the World is an Archaeologist?



ELEMENTARY School Activities

STUDENT DEVELOPMENT (7 Activities)

- Pg. 25 Alpha Clue
- Pg. 26 Are You a Good Student?
- Pg. 27 What Are Values?
- Pg. 28 Your Learning Style
- Pg. 29 Word Scramble - School Subjects
- Pg. 30 Tips From Sadie
- Pg. 31 Test Taking Tips

CRITICAL THINKING/LOGIC (2 Activities)

- Pg. 32 Math Teaser
- Pg. 33 Brain Teaser

FINANCIAL LITERACY (1 Activity)

- Pg. 34 Saving for the Future

HEALTH CAREERS

ACTIVITY (1)

Lemar Lemur's teacher just told the students that they will get to dissect a frog this year in class, and he can't wait! Lemar's dad thinks he should work in the health field. Can you list some cool careers in the health field for Lemar to choose from. We'll give you 2 to get you started. Be creative!

1. Nurse
2. Eye Doctor (also called Optometrist)
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



CAREERS IN THE ARTS

ACTIVITY (2)

Caroline Croc wants to be a famous actress when she grows up, but becoming a famous star is not easy. She is also interested in other fine arts like dancing, singing and painting. List some careers in the Fine Arts field for Caroline to consider just in case she doesn't make it to the big screen. We'll give you 2 to get you started. Be creative!

1. Fashion Designer

2. Music Teacher

3. _____

4. _____

5. _____

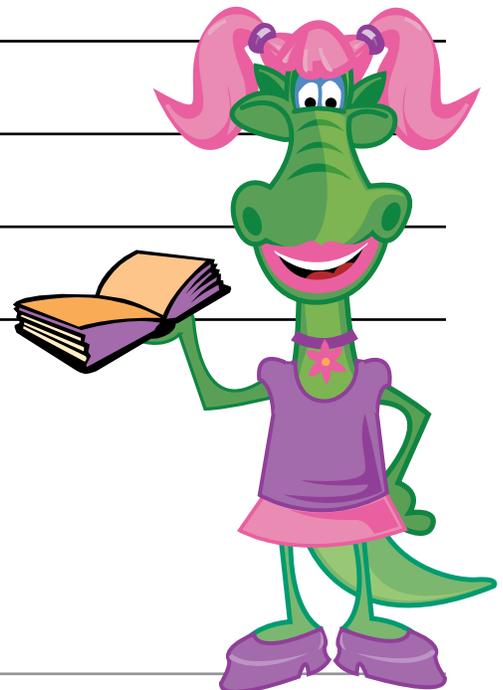
6. _____

7. _____

8. _____

9. _____

10. _____



WHAT ON EARTH IS AN ENTOMOLOGIST?

ACTIVITY (3)

Sadie Ladybug told her teacher that she wants to be an entomologist when she grows up. Use the clues below to find out what an entomologist does.

20 = T	12 = S
44 = E	35 = U
8 = N	15 = D
5 = I	9 = C

12	20	35	15	5	44	12
5	8	12	44	9	20	12

An Entomologist _____



MY TALENTS

ACTIVITY (4)

Dr. Marty Mole loves his job as a science teacher. That is because he likes helping people, and he loves science. The key to choosing a career is to consider your talents and interests – those are things you are good at and things you like to do. Make a list of your talents and interests, and then try to think of a job that relates to each one.

1a. Talent/Interest:

1b. Related Career:

2a. Talent/Interest:

2b. Related Career:

3a. Talent/Interest:

3b. Related Career:



WORD SEARCH – CAREERS

ACTIVITY (5)

Tyler Turtle isn't sure what he wants to be when he grows up, but he loves sports, so he will probably do something in the sports field. See if you can find the following sports-related careers in the word search below.

AGENT	DOCTOR	TEACHER
ATHLETE	MARKETER	THERAPIST
COACH	REFEREE	TRAINER
DIETICIAN	SCOUT	UMPIRE

H T K A G E N T Z D
E C E O N R T H I O
E M A R K E T E R X
R T H O A N T R O A
E H E C C I U A T L
F R H L C A O P C P
E E I I H R C I O J
R Z A P S T S S D D
E N M F M A A T W V
Y P U C H U F G C O



MATCHING GAME – CAREERS

ACTIVITY (6)

Besides being a great parent, Mrs. Joie Kangaroo is also a cosmetologist. A cosmetologist is also called a beautician. They give beauty treatments to people, like cutting and styling hair and applying make-up. Listed below are some other careers that you may not know about. Use the dictionary or the Internet to help you match each career to its correct description. Write the number in front of the correct description.

1 = Mechanic

6 = Choreographer

2 = Engineer

7 = Zoologist

3 = Astronomer

8 = Sales Person

4 = Physician

9 = Optometrist

5 = Architect

10 = Journalist

_____ Studies animals and wildlife

_____ An eye doctor

_____ Repairs machines

_____ Studies stars, planets, and outer space

_____ Sells products for a business

_____ Can work in many fields, uses science to solve problems

_____ A news writer

_____ A doctor

_____ Creates, directs and teaches dance

_____ Plans and designs buildings



NOUN FUN

ACTIVITY (7)

Below is a list of some common nouns. Remember, a noun is a person, place, thing or idea. See if you can think of a job that has to do with each noun in some way. One is done for you; now see if you can do the rest. Be creative and have fun!

NOUN

JOB

Hammer

Carpenter

Dog

Cake

Desk

Dress

Fish

Corn

Glove

Tree

Bear

Water

Child

MATCHING GAME – CAREERS & SCHOOL SUBJECTS

ACTIVITY (8)

Did you know that every job out there is related to a subject you are studying in school? That is why Dr. Marty Mole told you to try to do well in all of your school subjects. See if you can match each job below to the school subject it is related to. If you've never heard of the job, use the dictionary to help you.

Writer	Science
Cartoonist	Math
History Professor	Art
Accountant	Music
Web Designer	Language Arts
Choreographer	Social Studies
Professional Athlete	Computer
Astronomer	Physical Education



WHAT DO THEY DO?

ACTIVITY (9)

Make a list of some characters you see on TV and the job that they have on the show. They can be cartoon characters or human characters. Then, list what you see them doing at their jobs. If you can't remember, or if you're not sure, use a dictionary or the Internet to help you.

1. **TV Character:** _____

His or Her Job: _____

What They Do: _____

2. **TV Character:** _____

His or Her Job: _____

What They Do: _____

3. **TV Character:** _____

His or Her Job: _____

What They Do: _____

OUTDOOR FUN – CAREERS

ACTIVITY (10)

Mrs. Joie Kangaroo loves spending time outdoors. She likes to take her children for walks in the forest and to play in the park. Did you know that there are lots of jobs that involve working outdoors? See if you can think of some. Be creative! Mrs. Kangaroo gave you one to get you started. Have fun!

1. Construction Worker

2. _____

3. _____

4. _____

5. _____

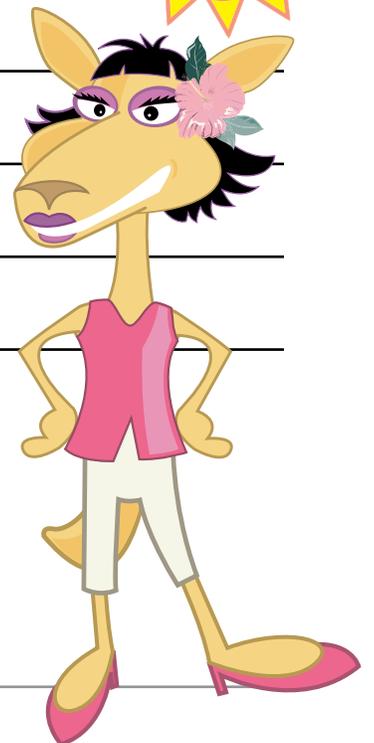
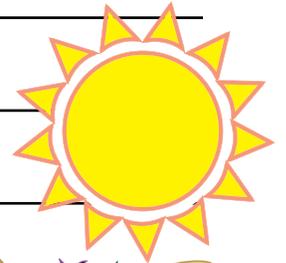
6. _____

7. _____

8. _____

9. _____

10. _____



HOW CAN I GET SOME PIZZA?

ACTIVITY (11)

Lemar Lemur was hungry for a pepperoni pizza last night, so his mom called and had one delivered to the house. But with all of this talk about careers lately, Lemar started thinking about the different jobs of the people it takes to make and deliver a pizza. He thought of one – the chef. See if you can help him think of some more.

1. Chef

2. _____

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



WORD SEARCH – FIND YOUR CAREER

ACTIVITY (12)

There are lots and lots of different careers out there to choose from. We've included some of them in the word search below. See if you can find all 12 of them. Do any of them interest you? If so, which one(s), and why? If not, tell us some other jobs that you think you might like to do when you grow up.

DOCTOR	DENTIST	NURSE
JUDGE	TEACHER	POLICE
MECHANIC	BARBER	ARTIST
CHEF	MUSICIAN	LAWYER

B J R E E N I P N E
A U J E U N R A S C
R D M R H E I A B I
B G S D O C T O R L
E E L J I L A W W O
R B T S I T N E D P
B U U A R T I S T Y
I M E C H A N I C B
R E Y W A L F E H C
R B D H B V Y P F I

WORKING WITH MONEY

ACTIVITY (13)

Tyler Turtle's mom has three kids, with two of her kids in college. Both kids in college like working with money. She named her first kid Tabitha and called her Tabby for short. She named her second Nicholas and called him Nick for short.

What did she name her third child? _____

List as many careers as you can that involve working with money. Be creative! We gave you one to get you started.

1. Loan Officer

2. _____

3. _____

4. _____

5. _____



HELPING PEOPLE

ACTIVITY (14)

At the beginning of the school year, Sadie Ladybug told you that she wants to be an entomologist and study insects when she grows up. But she also likes to help people. There are LOTS of jobs that involve helping people. Be creative! We gave you 2 to get you started.

1. Teacher

2. Firefighter

3. _____

4. _____

5. _____

6. _____

7. _____

8. _____

9. _____

10. _____



WORD SEARCH – HEALTH FIELD CAREERS

ACTIVITY (15)

Below is a list of careers in the health field. See if you can find them all.

NURSE	
DENTIST	Q D T P T T P N
PODIATRIST (a foot doctor)	C E S E S S H A G N I D I I A I
SURGEON (a doctor that performs surgery)	N T G I R R R C O I O A T T M I
CARDIOLOGIST (a heart doctor)	E S L T E A A S
PHYSICIAN (another name for a doctor)	G T O R M I C Y R Y I I O D I H
PEDIATRICIAN (children's doctor)	U N D C T O S P
OPTOMETRIST (an eye doctor)	S V R I P P T C N M A A O B K V
PHARMACIST (gives you medicine that your doctor wants you to take)	A H C N U R S E

CAREER TIPS FOR LAW & PUBLIC SAFETY

ACTIVITY (16)

Chris Chameleon is thinking about working in the law and public safety field when he grows up. You're probably thinking he wants to be a cop or lawyer, right? Well, he's not sure yet... there are many other jobs in that field too. Some of them include firefighters, lifeguards, security guards, court officers, paralegals, game wardens, and many more. Now, let's see if the Law and Public Safety field may be for you. Put a check next to any statements that apply to you.

- I can keep calm when under pressure.
- I follow and respect rules.
- I like to help people.
- I think it would be fun to work in a courtroom.
- I would like to be responsible for other people's safety.

If you have a lot of check marks, you may want to think about a career in law and public safety. Keeping people safe is a very important job. We need good people working in these careers!



WORD SEARCH – LAW & PUBLIC SAFETY CAREERS

ACTIVITY (17)

We talked about jobs in law and public safety. Below is a word search containing some of the many jobs in this field. See if you can find them all.

LAWYER	L	A	W	Y	E	R	J	D	I	F
POLICE	A	J	U	D	G	E	D	R	R	I
JUDGE	G	S	R	E	V	G	H	O	P	R
DETECTIVE	I	B	J	T	G	N	Y	T	W	E
PARALEGAL	L	A	G	E	L	A	R	A	P	F
MAYOR	J	Y	I	C	M	R	T	G	R	I
PARK RANGER	I	N	M	T	W	K	Z	I	H	G
FIREFIGHTER	P	F	Q	I	T	R	W	T	W	H
INVESTIGATOR	T	O	N	V	N	A	D	S	I	T
PARAMEDIC	Y	D	L	E	B	P	N	E	N	E
	V	T	M	I	C	D	E	V	J	R
	E	E	Q	T	C	Y	C	N	Z	K
	P	A	R	A	M	E	D	I	C	J

WHAT'S IN YOUR FUTURE?

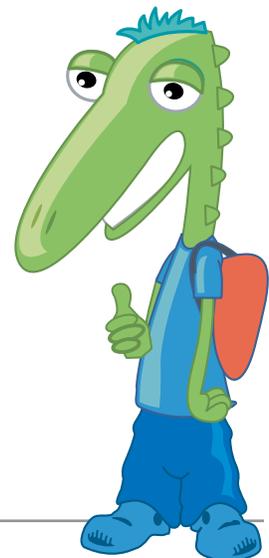
ACTIVITY (18)

Chris Chameleon also told his parents that he might want to be a geologist when he grows up. Use the clues below to find out what a geologist does.

1 = A	20 = T
8 = H	18 = R
21 = U	19 = S
4 = D	5 = E
9 = I	

19	20	21	4	9	5	19
5	1	18	20	8		

What does a geologist do? _____



THE RIGHT TOOLS

ACTIVITY (19)

If Roxy Fox becomes a mechanic when she grows up, she will have to use lots of tools to do her work. But, mechanics are not the only people who use tools while working. See if you can think of a tool that relates to each job below.

JOB

TOOL

Chef

Hairstylist

Teacher

Secretary

Doctor



VERB FUN

ACTIVITY (20)

Below is a list of verbs. Remember a verb is a word that names an action. Now see if you can list a career that relates to each one. The first one is done for you. Be creative and have fun!

VERB

CAREER

Cut

Hairstylist

Build

Write

Dance

Fix

Type

Dig

Run

Argue

Drive

I WANT TO BE A DOCTOR

ACTIVITY (21)

When Dr. Marty Mole asked his students what they want to be when they grow up, some said doctors. Dr. Mole explained to them that there are lots of different kinds of doctors, and he gave examples of a few. Below is a list of some of the different types of doctors that he talked about. See if you can match the doctor to the body part he or she treats. First see if you know any of them on your own, then you will have to use a dictionary to help you with the rest.

Optometrist	Teeth
Cardiologist	Eyes
Chiropractor	Feet
Dentist	Heart
Dermatologist	Blood
Gastroenterologist	Spine
Hematologist	Newborn Babies
Neonatologist	Skin
Podiatrist	Stomach



WHAT IN THE WORLD IS AN ARCHAEOLOGIST?

ACTIVITY (22)

Chris Chameleon loves to learn about the past. He is very interested in learning about the ways that people lived in ancient history. His mom told him he should be an archaeologist when he grows up. You're probably thinking... what in the world is an archaeologist?

Archaeologists study people from all different parts of the world and throughout time. They find and study "artifacts" (items that people in the past left behind) to discover how those people lived, what they wore, when they hunted or farmed, how they built their homes, what toys their children played with, and what they believed in.

Now, just for fun, see how many words you can make using the letters in ARCHAEOLOGIST. We gave you one to get you started.

- | | |
|----------|-----------|
| 1. Chat | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |



ALPHA CLUE

ACTIVITY (23)

Tyler Turtle is the star of the track team, and he got straight A's last marking period. But these things didn't come easy to him. He worked very hard to get to where he is now. Use the clues below to find out how to do better in school, in sports, in music... in everything you do!

(hint: 1=A, 2=B, 3=C, write out the alphabet to help you)

16 18 5 16 1 18 5 !



ARE YOU A GOOD STUDENT?

ACTIVITY (24)

Trying hard and being a good student now will help get you ready for middle school, high school and your future job. Are you a good student?

Write 'A' for Always

Write 'S' for Sometimes

Write 'N' for Never

_____ I do my homework.

_____ I ask and answer questions in class.

_____ I have what I need for class with me.

_____ I get along well with my teachers.

_____ I am happy with my grades.

_____ I have good attendance.

Scoring:

Give yourself 2 points for each "always," 1 point for each "sometimes," and 0 points for each "never." **Put your point total here.** _____

10-12 points: You are a very good student. Keep up the good work!

7 – 9 points: You are doing pretty well, but could be doing a bit better.

3 – 6 points: You are probably not getting very good grades. Use a planner to keep track of your homework, and talk to your teachers about ways you can improve.

0-2 points: You need to start RIGHT NOW to improve your study habits. Talk to your teacher about things you can do to get better grades.

WHAT ARE VALUES?

ACTIVITY (25)

A value is something that means a lot to you. When deciding what you want to do when you grow up, you should think about your values. If a job fits your values, you'll like it better. Below is a list of some work values. Put a check next to the ones that are most important to you.

- I'd like a job where I take risks.
- I'd like a job where I could choose my hours of work.
- I'd like a job where I help people with problems.
- I'd like a job where I earn a lot of money.
- I'd like a job that involves working with my hands.
- I'd like a job that involves traveling a lot.
- I'd like a job where I do the same things every day.
- I'd like to lead others.
- I'd like a job that allows me to be creative.
- I don't want to do the same thing every day.
- I'd like a job that involves working as a team.
- I prefer to work alone.

YOUR LEARNING STYLE

ACTIVITY (26)

In school, Roxy Fox enjoys projects that involve working with her hands. She said she learns things better that way. On the other hand, Chris Chameleon would rather listen while his teacher explains something, and Lemar Lemur likes to study charts or watch videos. How do you like to learn?

1. Your class is learning about the seven continents and four oceans. Would you rather:
 - A. Listen while your teacher reads a story about the continents and oceans.
 - B. Put together a puzzle to learn about where each continent and ocean is located.
 - C. Watch a video about the seven continents and four oceans.

2. If I have to learn how to do something, I learn best when I:
 - A. Watch someone show me how.
 - B. Hear someone tell me how.
 - C. Try to do it myself.



TIPS FROM SADIE

ACTIVITY (28)

Sadie Ladybug told you, if you want to be a winner, you need to plan early for your future. Well, here are a few things you can start doing now to prepare you for middle school, high school, college and your future career.

1. Start reading **b** _____ .
2. Go to **s** _____ each day.
3. Discover and **pr** _____ your talents.
4. **S** _____ and get **g** _____ grades in school.
5. Hand in your homework on **t** _____ .



TEST TAKING TIPS

ACTIVITY (29)

Roxy Fox always makes sure to study for her tests, and when her mom quizzes her on the material the night before, she always seems to know it. When it comes time to take the test, however, she forgets everything and panics. Has this ever happened to you? Don't feel bad, it happens to a lot of students. Fill in the blanks to find some things you can try doing to help you.

1. **S** _____ each night for several nights before the test.
2. Make up a practice **t** _____ of what you think may be on the actual **t** _____, and take that the night before.
3. Make sure to get enough **S** _____ the night before the test, and **e** _____ a good breakfast.
4. Before you start the test, take a few deep breaths and picture yourself doing **w** _____.
5. **R** _____ the directions carefully.
If you don't understand them, ask the **t** _____ to explain.



MATH TEASER

ACTIVITY (30)

Roxy Fox's favorite school subject is Math. She is a whiz when it comes to working with numbers. How are your math skills? Check them out by completing the brain teaser below, but be careful!

Do this math in your head only --
DO NOT write it down.

1. Take 1000 and add 40 to it.
2. Now add another 1000.
3. Now add 30.
4. Add another 1000.
5. Now add 20.
6. Now add another 1000.
7. Now add 10.

What is the total? _____



BRAIN TEASER

ACTIVITY (31)

Lemar Lemur loves to challenge his mind with brain teasers. He has excellent problem solving skills, which is a good trait to have since many jobs require those skills. See if you're as good at brain teasers as Lemar.

Does your first name have another meaning, as in the name Norm, which also means average? Use the clues below to see if you can figure out these names.

1. This name also means a thin beam of light, starts with "R."

2. This name is something you eat on a bun, also called a "hot dog."

3. This is a name of a cartoon character, and it is also a ball hit out of the park.

4. This name means "happiness," starts with "J."

5. This name is also a flower often sent on Valentine's Day.



SAVING FOR THE FUTURE

ACTIVITY (32)

Since Sadie Ladybug thinks she would like to be an entomologist when she grows up, her parents already started saving money for her to go to college. She started saving too. When she gets money for her birthday or another special occasion, she puts it into her own savings account that her parents helped her open.

Use the clues below to decode this very important message from Sadie...

- | | |
|-------|--------|
| 1 = E | 6 = A |
| 2 = Y | 7 = L |
| 3 = T | 8 = R |
| 4 = N | 9 = P |
| 5 = F | 10 = O |
| | 11 = U |

9	7	6	4		1	6	8	7	2
5	10	8		2	10	11	8		
5	11	3	11	8	1				



ANSWERS TO ACTIVITIES

ACTIVITY (3) – Studies insects

ACTIVITY (6) - Studies animals and wildlife =(7) Zoologist; An eye doctor= (9) Optometrist; Repairs Machines =(1) Mechanic; Studies stars, planets and outer space = (3) Astronomer; Sells products for a business = (8) Sales Person; Can work in many different fields = (2) Engineer; A news writer = (10) Journalist; A doctor = (4) Physician; Creates, directs and teaches dance = (6) Choreographer; Plans and designs buildings = (5) Architect

ACTIVITY (8) - Writer – Language Arts; Cartoonist – Art; History Professor – Social Studies; Accountant – Math; Web Designer – Computer; Choreographer – Music; Professional Athlete – Physical Education; Astronomer – Science

ACTIVITY (13) - Tyler

ACTIVITY (18) - Studies Earth

ACTIVITY (21) - Optometrist – Eyes; Cardiologist – Heart; Chiropractor – Spine; Dentist- Teeth; Dermatologist – Skin; Gastroenterologist – Stomach; Hematologist – Blood; Neonatologist – Newborn Babies; Podiatrist – Feet

ACTIVITY (23) - PREPARE

ACTIVITY (27) - Math; Science; Social Studies; Art; Music; Reading; Writing; Computer; Gym

ANSWERS TO ACTIVITIES

ACTIVITY (28) - Start reading books.

Go to school each day.

Discover and practice your talents.

Study and get good grades in school.

Hand in your homework on time.

ACTIVITY (29) - Study each night...

Make up a practice test... on the actual test...

Make sure you get enough sleep... eat a good breakfast

... picture yourself doing well

Read the directions... ask the teacher

ACTIVITY (30) - Did you get 5,000? Well, if you did, you are incorrect! The correct answer is 4,100. If you don't believe it, check your addition on a calculator. Remember to always take your time and be careful when solving problems!

ACTIVITY (31) - Ray; Frank; Homer; Joy; Rose

ACTIVITY (32) - Plan Early for Your Future

BOARD OF DIRECTORS

Representative William F. Adolph, Jr.
Chairman, Springfield

Senator Sean Logan
Vice Chairman, Monroeville

Representative Paul I. Clymer
Sellersville

Senator Jane M. Earll
Erie

Senator Edwin B. Erickson
Newtown Square

Senator Wayne D. Fontana
Pittsburgh

Representative Dan Frankel
Pittsburgh

Senator Vincent J. Hughes
Philadelphia

Representative Sandra J. Major
Montrose

Representative Jennifer L. Mann
Allentown

Representative Michael Peifer
Greentown

Senator Jeffery E. Piccola
Harrisburg

Honorable Roy Reinard
Holland

Representative James R. Roebuck, Jr.
Philadelphia

Honorable A. William Schenck III
Pittsburgh

Senator Robert M. Tomlinson
Bensalem

Honorable Murray Ufberg
Kingston

Senator LeAnna M. Washington
Philadelphia

Representative John T. Yudichak
Nanticoke

Secretary of Education
PA Department of Education

Created in 1963 by the Pennsylvania General Assembly, the Pennsylvania Higher Education Assistance Agency (PHEAA) has evolved into one of the nation's leading student aid organizations. Today, PHEAA is a national provider of student financial aid services, serving millions of students and thousands of schools through its loan guaranty, loan servicing, financial aid processing, outreach and other student aid programs.

PHEAA's earnings are used to support its public service mission and to pay its operating costs, including administration of the Pennsylvania State Grant and other state-funded student aid programs. PHEAA continues to devote its energy, resources and imagination to developing innovative ways to ease the financial burden of higher education for students, families, schools and taxpayers.

PHEAA conducts its student loan servicing activities nationally as American Education Services (AES) and FedLoan Servicing.



These materials have been developed and paid for by the Pennsylvania Higher Education Assistance Agency (PHEAA) for informational purposes. Although the information contained in this document is believed to be accurate at the time of printing, PHEAA does not guarantee its accuracy. You should independently verify that this information is correct.

RG-EYMBE
081010